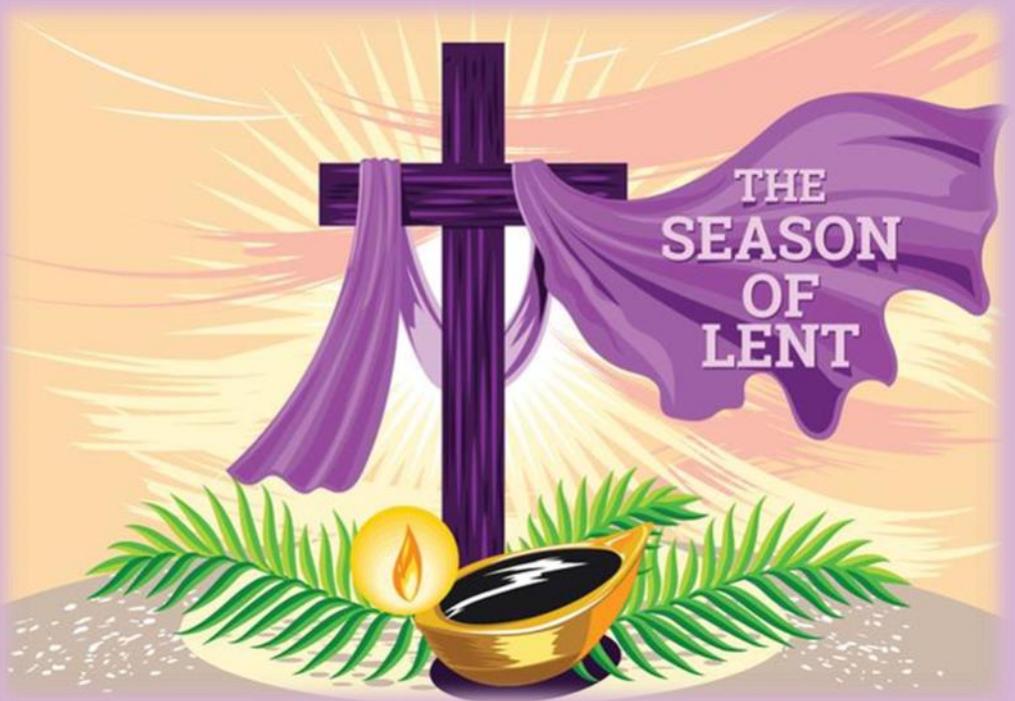


# FOCUS

*The Parish Magazine*  
of  
*St. Joseph's Catholic Church, Wembley*



*Lent 2021*

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## ST JOSEPH'S CATHOLIC CHURCH

High Road, Wembley, Middlesex - HA9 6AG

Tel: 020 8902 0081 Mob: 07440478944 Fax: 020 87950392

Website : <https://parish.rcdow.org.uk/wembley>

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Parish Team: Fr Joseph Kaduthanam CMI, Fr Joseph Chacko CMI  
and Fr Tebin Francis CMI

### Times of Service during the Covid 19 restrictions

Monday	Mass: 9.30am (Live streaming only)
Tuesday	Mass: 9.30am (Live streaming only) and 6.30pm
Wednesday	Mass: 9.30am (Live streaming only)
Thursday	Mass: 9.30am (Live streaming only) and 6.30pm
Friday	Mass: 12.00noon (Live streaming only)
Saturday	Mass: 9.30am (Live streaming only) 6.30pm Vigil Mass of Sunday
Sunday	Mass: 9.30am, 11.00am (Live streaming only) and 12.30pm

All services are streamed live on ChurchServices  
**ChurchServices.tv/wembley1**

### Schools

ST JOSEPH'S INFANT SCHOOL, Waverley Avenue. Tel: 020 8903 6032

ST JOSEPH'S JUNIOR SCHOOL, Chatsworth Avenue. Tel: 020 8902 3438

Executive Head Teacher: Mrs Mandy Whelan

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## A Lenten Message

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Lent, which begins on Ash Wednesday and ends on Holy Thursday, is a period of spiritual renewal that helps us prepare for the celebration of the Paschal mystery of Christ—that is, his passion, death and resurrection. The three pillars of the Lenten season are prayer, fasting, and almsgiving. By spending time in prayer and in reflection on the Scriptures, through penance and through giving up (sacrificial acts) and giving to others (charitable acts), we look to experience a spiritual reawakening that brings us closer to Christ.

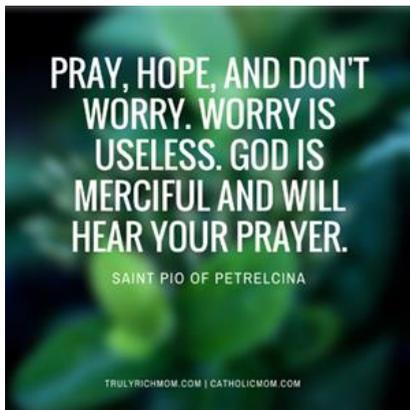
Lent's origins can be traced in part to a short period of fasting and prayer undergone by catechumens / elect, who are preparing for full initiation into the Church at Easter through the sacraments of baptism, confirmation and Eucharist. The season is a reminder of the great gift of baptism, both the salvation it offers, as well as the challenge that comes with it. As Pope Francis expressed in a Lenten message, we must "imitate Christ who became poor and enriched us by his poverty."

This Lent we are facing an enforced period of many restrictions in our lives due to the global pandemic which has challenged each and every one of us. This is a special opportunity to review our lives, to recognise its temporary nature and to realise that our ultimate goal is the happiness that comes from eternal life with Our Lord and Creator and consequently to change our attachment to things of this world, pray often, receive the Sacraments regularly and direct our thoughts and actions to the Lord's will so that we merit this state of perfect joy.

May the Lord Jesus bless you all and keep you safe at this difficult time.

Fr Joseph

## Lenten thoughts at the time of the Covid-19 pandemic



### Inspiring quotes from Catholic Saints

“Pain and suffering have come into your life, but remember pain, sorrow, suffering are but the kiss of Jesus — a sign that you have come so close to Him that He can kiss you.” *St. Mother Teresa of Calcutta*

“Without the burden of afflictions it is impossible to reach the height of grace. The gift of grace increases as the struggle increases.” *St. Rose of Lima*

“A humble soul does not trust itself, but places all its confidence in God.” *St. Faustina*

“Faith is to believe what you do not see. The reward of faith is to see what you believe.” *St. Augustine of Hippo*

“The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day.” *St. Gianna Molla*

“Anxiety is the greatest evil that can befall a soul except sin. God commands you to pray, but He forbids you to worry.” *St. Francis de Sales*

“And the Lord said to me, ‘My child, you please Me most by suffering. In your physical as well as your mental sufferings. My daughter, do not seek sympathy from creatures. I want the fragrance of your suffering to be pure and unadulterated. I want you to detach yourself, not only from creatures, but also from yourself...The more you will come to love suffering, My daughter, the purer your love for Me will be.’” *St. Maria Faustina Kowalska: Divine Mercy in My Soul*

“Let no one mourn that he has fallen again and again: for forgiveness has risen from the grave!” *St. John Chrysostom*

“Faith in the resurrection of Jesus says that there is a future for every human being; the cry for unending life which is a part of the person is indeed answered. God exists: that is the real message of Easter. Anyone who even begins to grasp what this means also knows what it means to be redeemed.” *Pope Benedict XVI*

“Mary, who is the Virgin Most Pure, is also the Refuge of Sinners. She knows what sin is, not by the experience of its fall, not by tasting its bitter regrets, but by seeing what it did to her Divine Son.” *Venerable Fulton Sheen*

“The Eucharist is the secret of my day. It gives strength and meaning to all my activities of service to the Church and to the world.” *Pope Saint John Paul II*

“Nothing great is ever achieved without enduring much.” *St. Catherine of Siena*

“In my deepest wound I saw your glory and it dazzled me.” *St. Augustine of Hippo*

“I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.” *St. Mother Teresa of Calcutta*

“Genuine love is demanding, but its beauty lies precisely in the demands it makes.” *Pope Francis*

“We cannot all do great things, but we can do small things with great love.” *St. Mother Teresa of Calcutta*

“He who possesses God lacks nothing: God alone suffices.” *St. Teresa of Ávila*

“If God sends you many sufferings it is a sign that He has great plans for you, and certainly wants to make you a saint.” *St. Ignatius of Loyola*

“Jesus, help me to simplify my life by learning what you want me to be – and becoming that person.” *St. Thérèse of Lisieux*

“The saints did not all begin well, but they ended well.” *St. John Vianney*

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” *St. Mother Teresa of Calcutta*

“Hold your eyes on God and leave the doing to Him. That is all the doing you have to worry about.” *St. Jane Frances de Chantal*

“Our hearts were made for You, O Lord, and they are restless until they rest in You.” *St. Augustine of Hippo*

“As Lent is the time for greater love, listen to Jesus’ thirst...’Repent and believe’ Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor — He knows your weakness. He wants only your love, wants only the chance to love you.” *St. Mother Teresa of Calcutta*

“The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist.” *Pope St. Gregory the Great*

“Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: who we are, where we come from, where we must go, what path we must take in life...” *Pope Benedict XVI*

“Nothing, how little so ever it be, if it is suffered for God’s sake, can pass without merit in the sight of God.” *Thomas à Kempis*

“Renounce yourself in order to follow Christ; discipline your body; do not pamper yourself, but love fasting.” *St. Benedict of Nursia*

“Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps.” *Luke 9:23*

“Lent is like a long ‘retreat’ during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual ‘combat’ which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism.” *Pope Benedict XVI*

## Five Bible Verses For Lent

Lent is a beautiful season in our Church's liturgical calendar. It is not a time of gloom, doom, or self-loathing. Rather, Lent is a time when we try to live and think and pray differently. It is a time when we ask God to heal us with his love.

Here are five Bible verses to help us meditate on the richness of this beautiful season and the ways God wants to show his love for us during these 40 days. Consider learning one by heart and adopting it as your Lenten theme.

**“Come now, let us set things right, says the Lord: Though your sins be like scarlet, they may become white as snow; though they be red like crimson, they may become white as wool” (Isaiah 1:18).**

In the Sacrament of Penance and Reconciliation, forgiveness is inevitable. It is there for the taking, waiting for us. How comforting is that! In this verse, God is assuring us that forgiveness is inevitable — scarlet and crimson can become white as wool. All we have to do is go to God and ask him to “set things right.”



**“Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners” (Luke 5:31–32).**

This verse reminds us that Jesus came for sinners. If we don't place ourselves in that category, then Jesus did not come for us. But if we consider ourselves sinners, we have a Saviour — a healing physician — calling us to repentance. Repentance is not just sorrow for sin. It is a turning around, a newness of life. It is a willingness to change our lives. This is why Jesus came for each one of us. The healing He offers will change our lives if we will allow it.

**“My grace is sufficient for you, for power is made perfect in weakness” (2 Corinthians 12:9).**

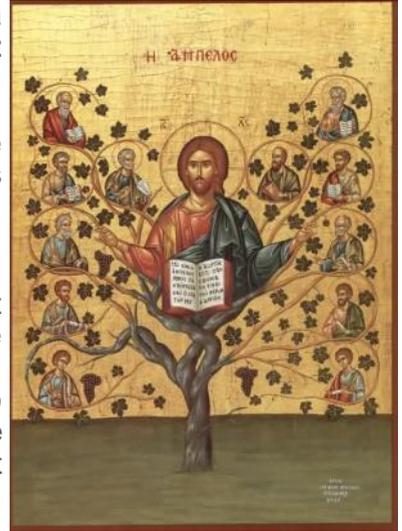
St. Paul heard these words from Jesus in prayer after asking the Lord three times to remove a painful situation from him. (We don't know exactly what Paul was experiencing — he called it a “thorn in the flesh.”) Jesus did not remove the pain, but he promised



that it would transform Paul. He promised that it would allow Paul to empty himself so that Christ could dwell in him more fully. And so it is for us. In our weakness, Christ is present. In our emptiness, Christ dwells. The power of God is made perfect in us when we have nothing left to hold on to, when we surrender ourselves, when we finally admit how much we need God, when we make a place for Christ in our hearts.

**“Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me” (John 15:4).**

Few commands are as sweet or as deep as the command of Jesus to “remain” in him. This is what Lent is all about: dwelling, abiding, remaining in Christ. We strip away other things, we make time for prayer, we repent and hand over our very selves, our sinful selves, so that we may remain in him as he remains in us. We become completely vulnerable before our God, and in response he fills us with his presence so that we “bear fruit.” What is the fruit that we bear? It is something outward, something that shows. It is love for others, rooted in an abiding love for Christ.



**“No one takes [my life] from me, but I lay it down on my own. I have power to lay it down, and power to take it up again” (John 10:18).**

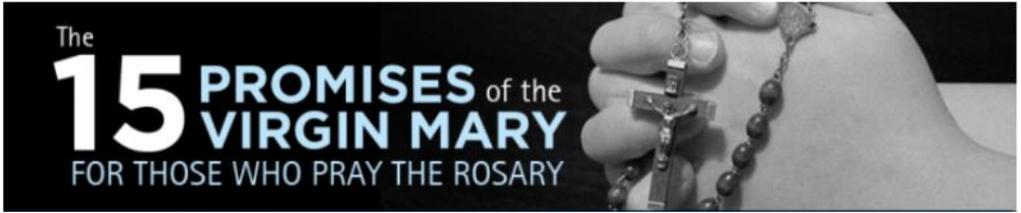
This is a favourite verse for Lenten reflection. Unless your Lent become mired in a sad feeling-sorry-for-the-suffering-Christ mood, remember these determined words he speaks.



Jesus is indeed a victim, and it is right to feel sorrow in response to his passion and death. But there is so much more to the death of Christ than this. Jesus is a victim, but a *willing* victim. He walked to Jerusalem, he accepted his “cup” in the Garden of Gethsemane, and he stretched out his arms upon the cross. No one *took* his life. He laid it down on his own. And he will take it up again. This is the power of Christ our Saviour.

This is the power of Lent.

# Why You Should Pray the Rosary Daily: 15 Reasons Straight From Our Lady



The Rosary is arguably the most recognizable Catholic devotion. Sadly, it is a devotion that has fallen out of fashion for many Catholics. This is deeply unfortunate, as the Rosary is one of the most powerful weapons in our arsenal for spiritual warfare and one of the greatest aids in the pursuit of a fruitful spiritual life.

Among the most common excuses for failing to pray the Rosary one hears are that it's "boring" or that it takes too much time. What many Catholics aren't aware of, however, are the benefits – promises from Our Lady herself – associated with its faithful recitation.

## **A History of the Rosary and How to Pray It**

While the specifics are unclear, tradition and the Church hold that Our Lady appeared to St. Dominic and Blessed Alan de la Roche sometime in the 13<sup>th</sup> century to impart the devotion of the Rosary. The monks of the time had already developed the habit of praying the psalter – all 150 Psalms daily recited by memory. Mary gave the Rosary to these two spiritual sons to promote the habit of daily prayer among all the faithful, not just those in the religious life.

Structurally, the Rosary is divided into five decades; a decade is made up of 10 Hail Marys preceded by an Our Father and concluded with a Glory Be. Each of the five decades is associated with a mystery from the life of Christ, and there are three sets of mysteries: the Joyful Mysteries, the Sorrowful Mysteries, and the Glorious Mysteries. An entire Rosary consists of all 15 decades. Fifteen decades of 10 Hail Marys each equals a total of 150 Hail Marys, thus leading the Rosary to be known as "Mary's Psalter."

## **Mary's Promises for Daily Devotion**

The most amazing thing about the Rosary is that Mary made 15 promises to those who recite it daily. These aren't insignificant promises, but rather enormously helpful graces provided to those who are trying to live a good and faithful Catholic life:

1. To all those who shall pray my Rosary devoutly, I promise my special protection and great graces.
2. Those who shall persevere in the recitation of my Rosary will receive signal graces.

3. The Rosary will be a very powerful armour against Hell; it will destroy vice, deliver from sin, and dispel heresy.
4. The Rosary will make virtue and good works flourish, and will obtain for souls the most abundant divine mercies. It will draw the hearts of men from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
5. Those who trust themselves to me through the Rosary will not perish.
6. Whoever recites my Rosary devoutly, reflecting on the mysteries, shall never be overwhelmed by misfortune. He will not experience the anger of God nor will he perish by an unprovided death. The sinner will be converted; the just will persevere in grace and merit eternal life.
7. Those truly devoted to my Rosary shall not die without the sacraments of the Church.
8. Those who are faithful to recite my Rosary shall have during their life and at their death the light of God and the plenitude of His graces and will share in the merits of the blessed.
9. I will deliver promptly from Purgatory souls devoted to my Rosary.
10. True children of my Rosary will enjoy great glory in Heaven.
11. What you shall ask through my Rosary you shall obtain.
12. To those who propagate my Rosary I promise aid in all their necessities.
13. I have obtained from my Son that all the members of the Rosary Confraternity shall have as their intercessors, in life and in death, the entire celestial court.
14. Those who recite my Rosary faithfully are my beloved children, the brothers and sisters of Jesus Christ.
15. Devotion to my Rosary is a special sign of predestination.

Mary, who is our true spiritual Mother, always desires what is best for us. She who was conceived without sin and sits as the Queen of Heaven and Earth enjoys a will that is in perfect unity with the will of God. What she wants for us is nothing less than what He wants. And He who made us knows precisely what we need to do to do the work He has assigned us, and the surest path home to Him.

These promises of Mary show us how the rosary serves as a spiritual weapon that every soldier for Christ and His Church needs to fight successfully in the spiritual battle that comprises much of our earthly sojourn. Those who trust in the Rosary and are faithful to Mary through it will have access to many additional graces that those who choose not to pray it won't. Graces we desperately need to help us make it through the narrow gate that leads to heaven.

## Why You Should Pray the Rosary Daily

Daily recitation of the Rosary will help you get to know your Mother better. By getting to know Mary better, you will in turn get to know Jesus better. When you look at each mystery of the Rosary, you reflect upon different aspects of Jesus' life through the eyes of His mother. Mothers know and see their children much differently than others do.

Because the Rosary was given to us by Mary, it has great power. There have been many miracles associated with praying the Rosary. Our Lady of Fatima mentioned that the main reason for the loss of souls into the fiery abyss of Hell is that no one is praying for them. When you pray, you can offer up your Rosary for a particular intention, whether it be for the conversion of souls or for an end to abortion.

Finally, the battle between Heaven and Hell is real. The Rosary has a special power against evil. Satan hates Mary with all of his might. Through Mary and her Magnificat, her "yes" to God, we have Our Lord Jesus Christ. Through Him we have our salvation, if we choose to accept it. Demons know and fear the Rosary. Blessed Pope Pius IX said, "Give me an army saying the Rosary and I will conquer the world." This is how powerful the Rosary is. St. Francis de Sales, the great master of the spiritual life, wrote, "The greatest method of prayer is praying the Rosary."

And of course, Our Lady of Fatima said, "Pray the Rosary daily."

The Rosary is one of the most powerful weapons that we have against Satan and his minions. It will help to ward off temptations. Prayed together with the family, it will create a locus of stability and peace in the home. There are also a number of indulgences attached to the Rosary, which can bring about the remission of temporal punishment due to us even if we die in a state of grace. If there is any reason why the Rosary is not recited as often today as it was in the past, you can be certain that Satan himself is behind it.

The inconvenience of praying the Rosary daily, which can seem at first tedious or burdensome, grows lighter with every recitation. Let us equip ourselves for battle. Make a commitment to pray the Rosary every day – and keep it.

***Our parish convenes every evening at 7.30pm on Zoom at this time of the pandemic to recite the Rosary. Please see details in the Parish Newsletter.***

## St. Joseph – his life



Everything we know about the husband of Mary and the foster father of Jesus comes from Scripture and that has seemed too little for those who made up legends about him.

We know he was a carpenter, a working man, for the sceptical Nazarenes ask about Jesus, "Is this not the carpenter's son?" (Matthew 13:55). He wasn't rich for when he took Jesus to the Temple to be circumcised and Mary to be purified he offered the sacrifice of two turtledoves or a pair of pigeons, allowed only for those who could not afford a lamb (Luke 2:24).

Despite his humble work and means, Joseph came from a royal lineage. Luke and Matthew disagree some about the details of Joseph's genealogy but they both mark his descent from David, the greatest king of Israel (Matthew 1:1-16 and Luke 3:23-38). Indeed, the angel who first tells Joseph about Jesus greets him as "son of David," a royal title used also for Jesus.

We know Joseph was a compassionate, caring man. When he discovered Mary was pregnant after they had been betrothed, he knew the child was not his but was as yet unaware that she was carrying the Son of God. He knew women accused of adultery could be stoned to death, so he resolved to send her away quietly to not expose her to shame or cruelty. However, when an angel came to Joseph in a dream and told him, 20 "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. 21 She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins," he did as the angel told him and took Mary as his wife. (Matthew 1:19-25).

When the angel came again to tell him that his family was in danger, he immediately left everything he owned, all his family and friends, and fled to a strange country with his young wife and the baby. He waited in Egypt without question until the angel told him it was safe to go back (Matthew 2:13-23).

We know Joseph loved Jesus. His one concern was for the safety of this child entrusted to him. Not only did he leave his home to protect Jesus, but upon his return settled in the obscure town of Nazareth out of fear for his life. When Jesus stayed in the Temple we are told Joseph (along with Mary) searched with great anxiety for three days for him (Luke 2:48). We also know

that Joseph treated Jesus as his own son for over and over the people of Nazareth say of Jesus, "Is this not the son of Joseph?" (Luke 4:22)

We know Joseph respected God. He followed God's commands in handling the situation with Mary and going to Jerusalem to have Jesus circumcised and Mary purified after Jesus' birth. We are told that he took his family to Jerusalem every year for Passover, something that could not have been easy for a working man.

Since Joseph does not appear in Jesus' public life, at his death, or resurrection, many historians believe Joseph probably had died before Jesus entered public ministry.

According to the Catholic Encyclopedia, the Apocryphal Date for Joseph's birth is 90 BC in Bethlehem and the Apocryphal Date of his death is July 20, AD 18 in Nazareth.

Joseph is the patron saint of the dying because, assuming he died before Jesus' public life, he died with Jesus and Mary close to him, the way we all would like to leave this earth.

Joseph is also patron saint of the Universal Church, families, fathers, expectant mothers (pregnant women), travelers, immigrants, house sellers and buyers, craftsmen, engineers, and working people in general.

We celebrate two feast days for Joseph: March 19 for Joseph the Husband of Mary and May 1 for Joseph the Worker. March 19 has been the most commonly celebrated feast day for Joseph, and it wasn't until 1955 that Pope Pius XII established the Feast of "St. Joseph the Worker" to be celebrated on May 1. This is also May Day (International Workers' Day) and believed to reflect Joseph's status as the patron of workers.

Many places and churches all over the world are named after St. Joseph, including the Spanish form, San Jose, which is the most commonly named place in the world. Joseph is considered by many to also be the patron saint of the New World; of the countries China, Canada, Korea, Mexico, Austria, Belgium, Croatia, Peru, Vietnam; of the regions Carinthia, Styria, Tyrol, Sicily; and of several main cities and dioceses.

In art, Joseph is typically portrayed as an older man, with grey hair and a beard, often balding, sometimes appearing frail and a marginal figure next to Mary and Jesus, if not entirely in the background. Some statues of Joseph show his staff topped with flowers. St. Joseph is shown with the attributes of a carpenter's square or tools, the infant Jesus, his lily blossomed staff, two turtle doves, or a spikenard.

There is much we still wish we could know about Joseph -- exactly where and when he was born, how he spent his days, exactly when and how he died. But Scripture has left us with the most important knowledge: who he was -- "a righteous man" (Matthew 1:18).

**Patron:** of the Universal Church, unborn children, fathers, workers, travellers, immigrants, and a happy death

**A daily prayer to St Joseph on the *Year of St Joseph* (8th December 2020 to 8th December 2021) is available on the last page and also on the parish website.**

# Kids Corner

LENLEN 2021

Name: \_\_\_\_\_

My Resolutions

Prayer: \_\_\_\_\_ Fasting: \_\_\_\_\_ Alms Giving: \_\_\_\_\_

## 40 Lenten Activities for Catholic Families

Give up television and Internet for one day.	Genuinely compliment someone who isn't expecting it.	Donate a bag of food to a local church or charity.	Go to a weekday Mass.	Pray for good things for someone who has been unkind to you.	Visit an elderly friend or relative who doesn't get a lot of visitors.	Make homemade pretzels, a traditional Lenten food.	Make an almsgiving box and collect change throughout Lent to donate.
Plan a simple meal and talk as a family about how to help the hungry.	Pray for people in your parish's RCIA program preparing to enter the Church.	Do a craft, piece of art, or creative project that glorifies the Lord.	Send a card or note of encouragement to a priest or a member of a religious community.	Pray for an increase in religious vocations.	Ask for forgiveness from someone that you have wronged.	Not just Friday: Have an additional meatless day one week during Lent.	Pray for someone preparing for First Communion or Confirmation.
Light a candle at church and pray for someone in your life.	Volunteer some of your time to help at church, school, or home.	Clean up a mess that somebody else made (without complaining).	Memorize a prayer that you don't already know by heart.	Surprise someone by doing a task or chore that they normally do.	Donate a bag of things that are still nice, but that you just don't use.	Pray the Rosary (or even just a decade) as a family.	Thank someone who has been a good influence in your life.
Read a religious book individually or as a family.	Listen to religious music while doing a task you have been putting off.	Attend (or read at home) the Stations of the Cross.	Pray for world political and religious leaders.	Make hot cross buns.	Learn more about a saint that your family is unfamiliar with.	Do something healthy to take care of the body God gave you.	Clear your mind of other things and sit quietly with God.
Do something to help the Earth.	Go to Adoration, even if it's just for a little while.	Pray for the Pope.	Watch a religious movie together as a family.	Give up sweets and other snacks for a day.	Read one book of the Bible.	Do a foot washing with your family members.	Attend a Holy Week Mass.

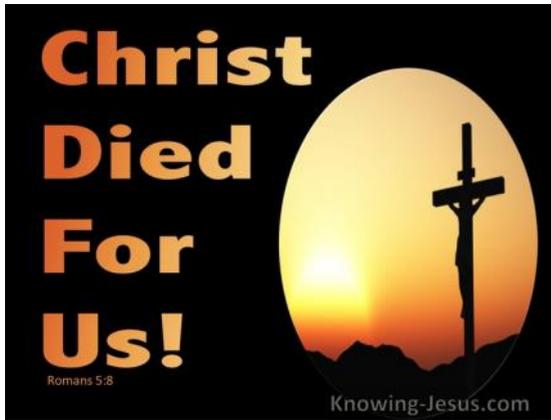
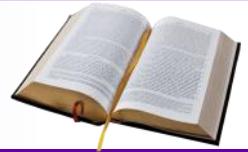
# Kids Corner

## Riddles

The 5 riddles to sharpen those genes in your brains and stall Alzheimer's for years.

1. A monkey, a squirrel, and a bird are racing to the top of a coconut tree. *Who gets to the banana first? the monkey, the squirrel, or the bird?*
2. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. *Which room is safest for him?*
3. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. *How can this be?*
4. What is black when you buy it, red when you use it, and grey when you throw it away?
5. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?
6. What do you bury when it's alive and dig up when it's dead?
7. Poor people have it. Rich people need it. If you eat it you die. *What is it?*
8. Two girls were born to the same mother, on the same day, at the same time, in the same month and year, and yet they're not twins. *How can this be?*
9. *This is an unusual paragraph.*  
I'm curious as to just how quickly you can find out what is so unusual about it.  
It looks so ordinary and plain that you would think nothing was wrong with it.  
In fact, nothing is wrong with it!  
It is highly unusual though.  
Study it and think about it, but you still may not find anything odd.  
But if you work at it a bit, you might find out.  
Try to do so without any coaching!

*Answers on page 21...*



Very early in the morning, the soldiers brought Jesus to Pilate, the governor at the time. Pilate asked Jesus, "Are you the king of the Jews?"

Jesus replied, "Yes, I am."

This upset the chief priests because they were jealous of him and the Jewish friends He had made.

Pilate listened to the complaints of the people that brought Jesus, but he couldn't find any reason to punish Him. Pilate questioned Jesus, but Jesus didn't stick up for himself (He knew that they wouldn't listen anyway). He had done nothing wrong.

Pilate called together the chief priests, the rulers, and the people. He said to them, "I have talked to Jesus, and I find no reason to kill Him."

After they heard that, all the people shouted, "We want Jesus! Release Barabbas instead!" Barabbas had been in jail because he had killed someone, and the people wanted him to be free, and Jesus to be punished. (It sounds strange but it was like peer pressure. The chief priests went around telling people lies about Jesus, so that they would be afraid of Him, and would want to kill Him).

Pilate didn't like this one bit. He wanted to let Jesus go, so he tried to talk to the people but they didn't let him. They just kept shouting, "Crucify Him! Crucify Him!"

Pilate tried again, yelling, "What has Jesus done wrong? I can punish Him but then I must let Him go, He doesn't deserve to die!" But the people just shouted louder to crucify Jesus and Pilate wanted to please the crowd so he freed Barabbas and sent Jesus to die.

The soldiers led Jesus into the palace and made Him put on an old royal robe and they twisted together a crown of thorns to put on His head. Then they made fun of Him and said, "Hail, king of the Jews." They didn't understand that He was a king; that's why they made fun of Him.

Next, the soldiers led Jesus toward a hill called Golgotha. They made Him carry the cross on His back, but because Jesus couldn't carry it the whole way, He fell down. The soldiers had whipped His back and it hurt so much that Jesus couldn't handle the weight of the cross on His shoulders.

A man named Simon happened to be near Jesus when He fell, and the soldiers grabbed him, and made him carry the cross the rest of the way. The soldiers offered Jesus wine mixed with myrrh. This was supposed to help make it less painful, but Jesus refused to have any.

When they reached the top of the hill, they nailed Jesus to the cross. There were three crosses: Jesus was in the middle, there was a criminal on His right, and on His left. Pilate made a sign to be put on the cross. It read what He was being punished for: Jesus of Nazareth, King of the Jews.

The soldiers watched Jesus and made fun of Him; they even divided up His clothes to be even more mean. Some people walked by and shouted, "You saved others, why can't you save Yourself?" Jesus could have saved himself, but he chose not to. He wanted to save us instead.

Jesus ignored the people, but He did see His mother, His aunt, and some other women He knew. Jesus felt bad for His mother, she was so sad to see her son die (just like your parents feel when you get hurt).

Then Jesus saw one of His disciples close to His mother, and He said, "Mother here is your son, and friend here is your mother." Jesus couldn't say too much for he was very weak. But He wanted His friend, the disciple, to be like a son to His mother and take care of her. And from that day on, the disciple did.

Later, Jesus could not handle the pain any longer and He said, "It is finished." That is when Jesus bowed His head and went to Heaven.

Suddenly, a huge curtain that hung at the temple was torn in half, from top to bottom. And a man that had wanted Jesus to die saw all of this and he said, "Surely this man was the Son of God!"

He realized he had been wrong about Jesus.

It seems like a really sad story, but it is one of the greatest stories of all! Jesus died knowing that you would do things wrong (that is what a sin is) -- things that you're not supposed to -- not obeying your parents, saying something mean to your sister or brother, or not telling the truth. He knew what you would do when He died so many years ago. Jesus died for **everybody's** sins, so now when we ask God to forgive us, and we are truly sorry for what we've done, He will act like it never happened. That's right He forgets what we did! Now that doesn't mean we should ever make the same mistake again, because by doing that it's like we're hurting Jesus all over again.

So, next time you do something you're not supposed to, remember to say sorry to Jesus, and remember what He did for you!

**"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16 (NIV)**

## THE DIVINE MERCY CHAPLET



The Divine Mercy Chaplet is a beautiful prayer composed by our Lord Himself to help foster devotion to His Divine Mercy! He taught it to a Polish nun, Saint Maria Faustina Kowalska (pictured at left) in 1935, in one of His many private revelations to her.

Jesus conveyed to her our need to ask for His mercy, to be merciful ourselves, and to trust in Him completely. Mercy is a key part of the love that He has for us and wants us to show each other.

The Divine Mercy Chaplet is simpler to memorize than it looks at first glance! (The opening and closing prayers, while desirable, are optional.) You can pray it using rosary beads as follows:

First, make the sign of the cross. Then you can pray either, or both, of these two optional opening prayers:

**You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.**

Or:

**O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!**

Then, on the first three beads: say the *Our Father*

**Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.**

the *Hail Mary*,

**Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.**

and the *Apostles Creed*:

**I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day he rose again from the dead; He ascended into Heaven, and is seated at the right hand of God, the Father Almighty; from thence he shall come**

**to judge the living and the dead; I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

Then you pray the rest of the Divine Mercy Chaplet as follows: for each of the five decades on the large bead (the one you'd say the *Our Father* on in the rosary) say:

**Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.**

Then on the ten small beads (the ones you'd say the *Hail Mary* on in the rosary) for each of the five decades, say:

**For the sake of His sorrowful Passion, have mercy on us and on the whole world.**

Then, after having completed the prayer's five decades, you recite the following, three times:

**Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

You can then conclude the Divine Mercy Chaplet with the following optional closing prayer:

**Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.**

The reference to our Lord's Passion serves as a poignant reminder of just how much God loves us that He would allow His only Son to suffer and die for us, so that, as we hear at Mass, "sins may be forgiven."

Jesus wasn't revealing a new doctrine about forgiveness to Saint Faustina. Scripture abounds with references to God's mercy. Among a number of examples, we read in the Psalms that "the Lord is gracious and merciful" (Ps 145:8). In the *Our Father* (printed above) we ask God to forgive us as we forgive others.

Christ introduced His parable of the Unmerciful Servant in Matthew's gospel by instructing His followers to forgive others "seventy times seven times" (Matt 18:22). And, you might also remember His famous proclamation in the Sermon on the Mount that "blessed are the merciful, for they will be shown mercy" (Matt: 5:7).

What was new was that our Lord wished Saint Faustina to help establish an apostolic movement of Divine Mercy so that even the most hardened sinners would know that they could obtain His mercy if they asked for it with

a spirit of true repentance.

The Divine Mercy Chaplet, along with other prayers would help spread this devotion to His mercy, as would veneration of a special image he asked St. Faustina to have painted with the words “Jesus I Trust In you” printed below it as shown on this picture.

In addition, our Lord expressed His desire that the Sunday after Easter be the Feast of Mercy. (This was practiced as a devotion for many years before Pope John Paul II designated this day as Divine Mercy Sunday in the Catholic liturgical calendar in 2000, described in more detail [here](#).)

Jesus also made known to St. Faustina his desire for us to pray and meditate on His passion at 3:00 pm, the time of His death on the Cross, (at which time, he told her, “mercy was opened wide for every soul”) even if only

for a moment. (This can also be a great time to pray the opening prayers to the Divine Mercy Chaplet, given above, or the chaplet itself!)

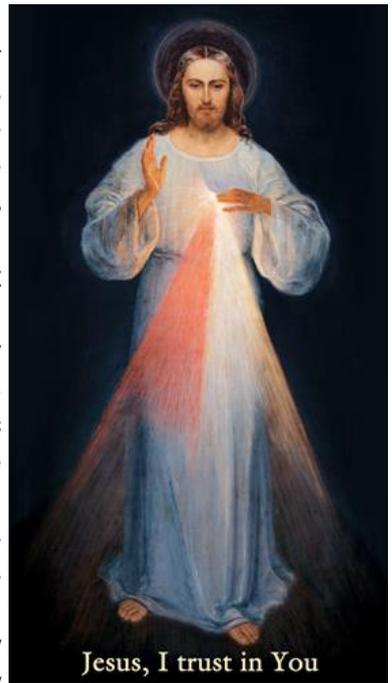
Saint Faustina served Jesus with great love and grace in convents in Poland from 1925 until her death from tuberculosis in 1938. She recorded many of His words to her in her now famous diary, written from 1934 on at the request of her spiritual director, Father Michael Sopocko, and at our Lord’s command as well.

In spite of her deep humility, she had a sense of the impact her mission as Christ’s Apostle and Secretary of His mercy (as He referred to her in her diary) would have after her death.

Indeed, the Marians of the Immaculate Conception have published and distributed literally millions of copies of the Divine Mercy Chaplet, the Divine Mercy Image, and various booklets on this devotion (many including a Divine Mercy Novena as well) in the almost seventy years since Saint Faustina’s death. Pope John Paul II paid tribute to her important role in establishing Divine Mercy Sunday at her canonization in 2000.

Note that we must approach our Lord in praying the Divine Mercy Chaplet, and in this devotion itself, with love in our hearts, not just words on our lips. He will not refuse us His mercy if our contrition is genuine.

Also, we must show others the mercy and love that we would have God show *us* and frequently partake of His graces in the the Sacrament of the



Eucharist (Holy Communion) and Penance (Confession).

It has been said it is easier to believe in God than to trust in Him. Do you find yourself agreeing with that statement at times? Our Lord answered this concern by telling Saint Faustina that when we approach Him with trust, He's ready to give us an abundance of graces and mercy.

Even our sufferings can be of great spiritual benefit on our journey towards Eternal Life with God in Heaven if we, in the midst of our trials, allow Him to give us the grace to withstand them, for the forgiveness of sins.

Christ's love for us is boundless, a fountain of mercy ready to flow into our vessel of trust, as He also told her. We just need to show our love for Him in return in how we follow His will for us and in how we treat others.

If you don't feel particularly loving towards those annoying bosses, co-workers, or family members who've harmed you in some way, (much less the guy who cuts you off in traffic!) at least pray for them, don't hold grudges, and try not to return petty treatment in kind. After all, we are praying in the Divine Mercy Chaplet for God's mercy for not only ourselves but also for "the whole world!"

Jesus Himself told Saint Faustina that Mankind would not have real peace until we turned with trust to His mercy. Let the Divine Mercy Chaplet help you find, and bring, Christ's peace into your life and into the lives of others!

***Our parish convenes every Saturday at 3.00pm on Zoom at this time of the pandemic to recite the Divine Mercy Chaplet . Please see details in the Parish Newsletter.***

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### ***Answers to Riddles from page 15***

1. There are no bananas at the top of a coconut tree!
2. The third room. Lions that haven't eaten in three years are dead.  
That one was easy, right?
3. The woman was a photographer.  
She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung).
4. Charcoal, as it is used in barbecuing.
5. Sure you can name three consecutive days, yesterday, today, and tomorrow!
6. A Plant
7. Nothing
8. The two babies are two of a set of triplets.
9. The letter "e" which is the most common letter used in the English language, does not appear even once in the paragraph.



## CULINARY QUARTER



### Sticky chicken thighs with lemon and honey

#### *Ingredients:*

1 tbsp black peppercorns,  
2 lemons, juice only,  
good squeeze or two of runny honey,  
dollop grainy mustard,  
2 garlic cloves, crushed,  
6 large chicken thighs, bone in and skin  
on, sea salt, to taste,  
2-3 preserved lemons (from a bottle),  
handful green olives, pitted, sliced small handful fresh flatleaf parsley, leaves  
only



#### *Method:*

Preheat the oven at 200C/400F/Gas 6.

Place the peppercorns into a pestle and mortar and grind until roughly crushed. Add these to a large bowl together with the lemon juice, honey, mustard and garlic and mix well.

Place the chicken thighs into a large roasting tin and pour the lemon and honey mixture over the chicken, leaving it to marinate for as long as possible. Sprinkle with sea salt, to taste, then cook in the hot oven for 45 minutes, turning halfway through cooking so that the thighs become lovely and sticky.

Meanwhile, cut the preserved lemons open and remove the soft flesh to leave you with just the skin (discard the flesh). Cut the skin into strips and toss together with the olives and parsley. When the chicken is ready, serve sprinkled with the olive, parsley and preserved lemon mixture.

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Pope Francis  
declares

# YEAR OF SAINT JOSEPH

December 8, 2020 - December 8, 2021



## A Daily Prayer to St Joseph on the “Year of St Joseph”

(8th December 2020 to 8th December 2021)

*Pope Francis encourages all of us to pray together:*

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.  
Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.  
Obtain for us grace, mercy, and courage,  
and defend us from every evil. Amen.

St Joseph’s RC Church, Wembley

**St Joseph our Patron, Pray for us.**